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Work/Life

NAVIGATOR

Practice Being Like a Child

Remember the master teacher once said 2000 years ago, "Unless you can become like little children, your chances are zero, you haven't got a prayer." A major consideration for adults.

Be like children and remember there are four ways to be more like a child no matter how old you get.

1) Curiosity

Be curious. Childish curiosity. Learn to be curious like a child. What will kids do if they want to know something badly enough? You're right. They will bug you. Kids can ask a million questions. You think they're through. They've got another million. They will keep plaguing you. They can drive you right to the brink.

Kids use their curiosity to learn. Have you ever noticed that while adults are stepping on ants, children are studying them? A child's curiosity is what helps them to reach, learn, and grow.

2) Excitement

Learn to get excited like a child. There is

nothing that has more magic than childish excitement. So excited you hate to go to bed at night. Can't wait to get up in the morning. So excited that you're about to explode. How can anyone resist that kind of childish magic? Now, once in awhile I meet someone who says, "Well, I'm a little too mature for all that childish excitement." Isn't that pitiful? You've got to weep for these kinds of people. All I've got to say is, "If you're too old to get excited, you're old." Don't get that old.



3) Faith

Faith like a child. Faith is childish. How else would you describe it? Some people say, "Let's be adult about it." Oh no. No. Adults too often have a tendency to be overly skeptical. Some adults even have a tendency to be cynical. Adults say, "Yeah. I've heard that old positive line before. It will be a long day in June before I fall for that positive line. You've got to prove to me it's any good." See, that's adult, but kids aren't that way. Kids think you can get anything. They are really funny. You tell kids, "We're going to have three swimming pools." And

they say, "Yeah. Three. One each. Stay out of my swimming pool." See, they start dividing them up right away, but adults are not like that. Adults say, "Three swimming pools? You're out of your mind. Most people don't even have one swimming pool. You'll be lucky to get a tub in the back yard." You notice the difference? No wonder the master teacher said, "Unless you can become like little children, your chances, they're skinny."

4) Trust

Trust is a childish virtue, but it has great merit. Have you heard the expression "sleep like a baby"? That's it. Childish trust. After you've gotten an A+ for the day, leave it in somebody else's hands.

Curiosity, excitement, faith, and trust. Wow, what a powerful combination to bring (back) into our lives.

(Source: Reproduced with permission from the Jim Rohn Weekly E-zine. Subscribe at: www.jimrohn.com)

WEB SITE PICKS

Look Up Your Doctor's Credentials

<http://www.vahealthproviders.com>

This Web site, put up by the State of Virginia, contains information on doctors practicing in Virginia, Maryland, and DC. It gives the school they graduated from, publications, whether they graduated with honors, etc.

INSPIRATION

If I miss one day's practice, I notice it.

If I miss two day's, the critics notice it.

If I miss three days, the audience notices it.
—Ignacy Paderewski, *Concert Pianist*

When you reach the end of your rope, tie a knot in it and hang on.
—Thomas Jefferson

You Choose How to React: A Sioux Indian Story

My grandfather took me to the fish pond on the farm when I was about seven, and he told me to throw a stone into the water. He told me to watch the circles created by the stone. Then he asked me to think of myself as that stone person.

"You may create lots of splashes in your life but the waves that come from those splashes will disturb the peace of all your fellow creatures," he said.

"Remember that you are responsible for what you put in your circle, and that circle will also touch many other circles. You will need to live in a way that allows the good that comes from your circle to send the peace of that goodness to others. The splash that comes from anger or jealousy will send those feelings to other circles. You are responsible for both."

That was the first time I realized each person creates the inner peace or discord that flows out into the world. We cannot create world peace if we are riddled with inner conflict, hatred, doubt, or anger. We radiate the feelings and thoughts that we hold inside, whether we speak them or not. Whatever is

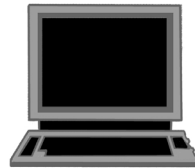
splashing around inside of us is spilling out into the world, creating beauty or discord with all other circles of life.

Remember the eternal wisdom:
Whatever you focus on expands.
(Author Unknown)

TECH TIP

Excel 97/2000 Tip

Excel lets you decide whether or not to display gridlines on your worksheet. But to switch between turning gridlines on and off you have to open the Tools menu and go into the Options dialog box. If you're frequently turning gridlines on and off, why not add a toggle button for gridlines to the Standard Toolbar? Click View on the Menu Bar, select Toolbars, and then Forms. When the Forms toolbar displays, hold down the ALT key and drag the Toggle Grid button to the Standard toolbar.



It's Time for a New Thermometer

Countless numbers of exposures to mercury from thermometers are reported to poison-control centers each year. If you still have that antiquated mercury-glass thermometer in your medicine cabinet, replace it with a safer model before it gets broken and releases toxins into your home.

When the mercury in a thermometer is exposed to air, vapor begins to form immediately. Inhaling the vapor can lead to mercury poisoning, which is particularly dangerous for children and pregnant women. Discard a mercury thermometer by placing it in a sealed container. Then contact your state pollution control agency or local health department for instructions on proper disposal. Digital thermometers are the best replacements because they're accurate, easy, and inexpensive.

HEALTH

Blood Pressure Explained

Did you ever wonder what the two numbers in your blood pressure mean?

The first, or upper, number represents the "systolic" pressure. The lower number represents the "diastolic" pressure. Systolic pressure is the force generated in the blood vessels when the heart contracts, thus pumping blood throughout the body. The diastolic pressure represents the pressure in the arteries when the heart is relaxed.

Both pressures are measured in millimeters of mercury (Hg). An ideal blood pressure is less than 120/80.

Music Calms Surgical Patients

Listening to music before surgery may help nervous patients cope with the stress of going under the knife, especially if the patients can choose what they hear, according to the results of a new study. Dr. Karen Allen and her colleagues at the State University of New York, Buffalo,

studied 40 people aged 51 to 87 who were undergoing eye surgery. Blood pressure, usually normal in these patients, was markedly elevated on the morning they were slated to have their operations. The patients also reported feeling nervous and stressed-out. Twenty patients listened to music five minutes before their procedures, and their blood pressure dropped to normal levels and remained that way throughout the surgery. Blood pressure remained high in people who did not listen to music. This beneficial effect was seen regardless of the type of music chosen, Allen said.

FOOD TIP

Wheat's Not the Whole Story

Watch out for products that masquerade as healthy by proclaiming their "wheat" content proudly. While these foods may indeed contain wheat, it might be refined, and it's not providing the nutrients and fiber of whole wheat by a long shot. Just think of the marshmallow-soft loaves of white bread, which can honestly list wheat as the top ingredient. Even the term "multi-grain" really only tells you that the flour used has come from several different grains—not that the grains used are "whole".

WORDS OF WISDOM

Thank You for Listening to Me

When I thank you for listening to me, I implicitly make it clear that this was all that I was asking of you. I was not inviting you to solve my problems for me. That would be immature on my part. I was not trying to manipulate you by some subtle accusation, or to put you on trial. I was not even challenging you to evaluate my sharing.

I was only asking you for the great gift of putting aside your own life and agendas for a while and sharing a personal concern with me. I was asking you for the gift of letting me be different from you. I was asking you for the gift of accepting me at the place I am right now. A simple word of gratitude says all this. It lets you know that I appreciate the many gifts involved in the gift of your listening. At the same time, my gratitude reminds me that you are not a thing to be used or a person to be taken for granted.

Very often when we are sharing our so-called “negative” feelings, without intending it, we might make it sound like a trial, a challenge, a confrontation. “Thank you very much for letting me be me and for letting me tell you about it!” at the end puts things into perspective. It also supplies a context for our sharing that clarifies and classifies our self-disclosure as a gift of self. Our expression of gratitude makes it clear that this “gift” was not a thinly veiled accusation or manipulation. It was simply a gift, no strings attached.

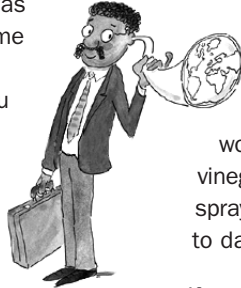
Oh, and thank you for listening.

(Source: Excerpted from Will The Real Me Please Stand Up? by Fr. John Powell.)

HOME HEALTH TIP

Vinegar and Hydrogen Peroxide as Disinfectants

You can make your kitchen a cleaner, safer place and fight bacteria without exposing yourself and your family to toxic chemicals that also damage the environment. You can



use a simple, safe disinfecting spray that is more effective than any of the commercial cleaners in killing bacteria. As a bonus, it is inexpensive!

Susan Sumner, a food scientist at Virginia Polytechnic Institute and State University, worked out the recipe for just such a sanitizing combo. All you need is three percent hydrogen peroxide, the same strength available at the drug store for gargling or disinfecting wounds, plain white or apple cider vinegar, and a pair of brand-new clean sprayers, like the kind you use to dampen laundry before ironing.

If you're cleaning vegetables or fruit, just spritz them well first with both the vinegar and the hydrogen peroxide, and then rinse them off under running water.

It doesn't matter which you use first. You can spray with the vinegar then the hydrogen peroxide, or with the hydrogen peroxide followed by the vinegar. You won't get any lingering taste of vinegar or hydrogen peroxide, and neither is toxic to you if a small amount remains on the produce.

As a bonus, the paired sprays work exceptionally well in sanitizing counters and other food preparation surfaces—including wood cutting boards.

In tests run at Virginia Polytechnic Institute and State University, pairing the two mists killed virtually all *Salmonella*, *Shigella*, or *E. coli* bacteria on heavily contaminated food and surfaces when used in this fashion, making this spray combination more effective at killing these potentially lethal bacteria than chlorine bleach or any commercially available kitchen cleaner.

The best results came from using one mist right after the other—it is 10 times more effective than using either spray by itself and more effective than mixing the vinegar and hydrogen peroxide in one sprayer.

(Source: Science News, August 8, 1998; Vol. 154, Issue. 6; pg. 83–85. Article by Judy Stouffer.)

HUMOR

More of Life's Great Ponderables

Things That Make You Go Hhhmmmm.....!!

- It is hard to understand how a cemetery raised its burial cost and blamed it on the cost of living.
- The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
- Latest survey shows that 3 out of 4 people make up 75% of the world's population.
- If the shoe fits, get another one just like it.
- The things that come to those that wait may be the things left by those who got there first.
- Give a man a fish, and he will eat for a day. Teach a man to fish, and he will sit in a boat drinking beer all day.
- Flashlight: A case for holding dead batteries.
- Shin: A device for finding furniture in the dark.
- As long as there are tests, there will be prayer in the schools.
- When you're swimming in the creek, and an eel bites your cheek, that's a moray!
- A fine is a tax for doing wrong. A tax is a fine for doing well.
- I started out with nothing, and I still have most of it.

FINANCES

Deduct Now, Give Later

Looking for a way to give to disaster relief organizations that will help you, too? Donor-advised funds, long provided by local community foundations, also have been offered by major financial firms such as Fidelity, Vanguard, and Charles Schwab in recent years. With these funds, donors make irrevocable gifts and claim an



upfront deduction for the full value of the donated assets.

After you make such a contribution, you can recommend to the sponsoring charity the amount and timing of gifts to various recipients. The actual charitable donations from your fund (the grants) may be spread over a period of years, so you retain the ability to submit grants from assets that you've already given away, keeping control of the money. If a charitable grant recipient later seems on better financial footing or adopts unwelcome policies, future grants can be directed elsewhere.

After your death, beneficiaries you have named—often your children—take over the advisory role. Then they can decide upon the charitable grants from the account, year after year. Not only will your children be given the opportunity to think beyond their own needs, to the needs of others, they'll benefit from future social connections. When other community members become aware of their grant-making powers, your children may be invited to serve on charitable and civic boards, for example.

(Source: Retirement & Financial Planning Report. Published by FEDweek.)

STRESS MANAGEMENT

Ten Other Commandments

1. You shall not worry, for worry is the most unproductive of all human activities.
2. You shall not be fearful, for most of the things you fear will never come to pass.
3. You shall not carry grudges, for they are the heaviest of all life's burdens.
4. You shall face each problem as it comes. You can only handle one at a time anyway.
5. You shall not take problems to bed with you, for they make very poor bedfellows.
6. You shall not borrow other people's problems. They can better care for them than you.

7. You shall not try to relive yesterday for good or ill, it is forever gone. Concentrate on what is happening in your life and be happy now!
8. You shall be a good listener, for only when you listen do you hear ideas different from your own.
9. You shall not become "bogged down" by frustration, for 90% of it is rooted in self-pity and will only interfere with positive action.
10. You shall count your blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.

(Source: Author Unknown. From Riches of the Heart, by Steve Goodier.)

YOUR CAR

Car Care: Myths vs. Reality

When it comes to maintaining your vehicle, popular misconceptions abound. Among the most common:

Myth: Tires should be inflated to the pressure embossed on the sidewall of the tire.

Reality: The tire-pressure figure shown on the sidewall is the maximum pressure—not the vehicle manufacturer's recommended figure. Always use the manufacturer's recommended pressure, which is determined to provide the best balance of ride, handling, and fuel economy. It's usually printed on a sticker on a doorjamb, the glovebox, or the fuel-filler door. Check your tires against the recommended pressure when your car has been at rest for a while.

Myth: If regular-grade fuel is good, premium must be better.

Reality: Most vehicles are designed to run just fine on regular-grade (87 octane) fuel. A higher octane number doesn't mean that your vehicle will perform better. It simply means that it's more resistant to engine knocking or pinging. Use the octane grade that's recommended in your vehicle's owner's manual. Filling up with a higher grade is usually a waste of money.

Myth: Engine oil should be changed every 3,000 miles.

Reality: Although oil companies and quick-lube shops like to promote this idea, it's usually not necessary. Go by the recommended oil-change schedule in your vehicle's owner's manual. Most vehicles driven under normal conditions can go 7,500 miles or more between oil changes. Some models now come with a monitoring system that alerts the driver when the oil needs changing. Depending on driving conditions, these can extend change intervals to 10,000 or 15,000 miles.

Myth: You don't have to worry about replacing tires until they're worn down to the minimum tread depth.

Reality: It's true that if a tire's tread wears to the minimum depth of 1/16 inch, it should be replaced. But a tire's grip can be compromised well before this mark if you drive in rain, slush, or snow. As the tread wears, it's easier for the tire to hydroplane or lose traction and for the driver to lose control.

(Source: Consumer Reports.)

Questions/Comments to:

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An online version of this newsletter may be found at <http://www.hq.nasa.gov/office/codec/cc/navig10.pdf>

